



With over 85 years of combined therapy experience, served right here in Seward County, you get the local quality care you deserve.

Your trusted local physical therapy team is dedicated and experienced in a vast array of **outpatient and inpatient services.**

- | | | |
|-----------------|----------------------|-------------------------|
| Orthopedics | Occupational Therapy | Dry Needling |
| Geriatrics | Speech Therapy | Home Safety Evaluations |
| Sports Injuries | Aquatic Therapy | |

Outpatient Physical Therapy

Appointments Available
M-F: 7 a.m. - 5 p.m.
Sat: 7 a.m. - 11 a.m.

Pete Christensen, OTR/L
Occupational Therapist, Therapy Services Coordinator

Jon McClung, PT, DPT, OCS, CSCS, PES
Physical Therapist

Barb Leymaster, PT, MPT, GCS
Physical Therapist

Mary Ann Sides, PT, DPT, FDN-I
Physical Therapist

Bob ten Bensel, PTA
Physical Therapist Assistant

Kylee Chapek, PTA
Physical Therapist Assistant

Phone: 402-646-4611

www.mhcs.us

HEALTH CARES



Memorial
 Health Care Systems

Bringing community health care news to your home. | www.mhcs.us

Summer 2020

Memorial Health Care Systems Expanding

Projects for Physical Therapy as well as Community Outreach and Education

A new construction project and re-modeling effort have begun at Memorial Health Care Systems.

This two-year plan includes an approximately 3,700 square foot 3rd-level addition to Memorial Hospital on the front of the hospital. Approximately 5,000 square feet will be remodeled in the lower level of Seward Family Medical Center.

This project will make space available to expand our growing physical therapy services. We will reassign our community outreach and education spaces to the new 3rd-floor addition. The current community outreach and education spaces and current physical therapy space will be remodeled to accommodate more treatment rooms and therapy service areas.

Back in 2014 when MHCS added the outpatient center (lower level, specialty clinic, cardiac/pulmonary 2nd floor) it

was announced that the center was being built in a manner that would allow for a 3rd level in the future. We are pleased to be able to invest in this facility and in the health of our communities we serve through this 3rd-floor addition. The projects will be funded by MHCS cash reserves from the long-term planning of this addition and MHCS Foundation Donations.

While it would have been a great opportunity to move our therapy services department to the 3rd floor, the expansion could not be made large enough to accommodate this department. It was also not possible to put the weight of the aquatic therapy space on the 3rd floor



of this building. Utilizing adjacent community outreach and education spaces to the existing therapy department will allow the therapy team to remain close to the aquatic therapy and continue to grow and offer exceptional care for our communities.

Throughout the project, services will remain open. The main entrance to Memorial Hospital and Seward Family Medical Center will remain accessible.



TIPS FOR PATIENTS



Continue to follow public health guidelines



Call ahead to the clinic or hospital if you are coming in with respiratory or COVID-19 like symptoms



Consider telehealth options if appropriate



Do NOT delay emergency or needed medical treatment



Limit the number of people you bring with you to the hospital and clinics

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Memorial
 Health Care Systems
 300 N. Columbia Ave.
 Seward, NE 68434



Medicare Annual Wellness Visits

The Medicare Annual Wellness Visit is a free benefit to Medicare patients. This visit is a comprehensive review of your health, things that may be affecting your health, and prevention services. There is not a physical examination during this appointment. During this visit, we make a plan together to maintain your health and to stay current with preventive care and screenings. J.B. Ketner, MD, says, "We want to keep our patients healthy and prevent diseases before they happen. Your annual wellness visits are important for the preventive side of your care. At MHCS, our physician assistants under the supervision of your primary doctor, can perform the wellness care visit."

The goal of this visit is to create a complete personal and family health history, complete assessments and identify any needed preventive screenings. This will give us a way to develop and update your personalized prevention plan based on your own current health and risk factors to prevent disease or disability. There are many benefits to receiving this annual wellness visit.

Patient Benefits

- No co-pay-Medicare covers the cost of the Annual Wellness Visit.
- Annual, comprehensive evaluation focused on overall wellness and prevention
- Early disease detection and prevention
- Maximize wellness
- Prevent accidents at home
- Keep patients out of the hospital
- Delay long-term care

What should you bring to your visit?

- Your medical records, including immunization records.
- Your family health history, in as much detail as possible.
- Your list of medications, including vitamins, supplements, and herbs. For each medication, write down how often and how much you take.
- Your list of current healthcare providers and suppliers.

Family Physicians



Trisha Sams, MD; Connie Novak, MD; Jason Summa, MD; J.B. Ketner, MD; Brandon Henley, DO; Joel Gabriel, MD; Robert Wergin, MD; Robert Wall, MD; James Plasek, MD; Jacqueline Hobbs, MD.

Physician Assistants



Jay Brooks, PA-C



Amy Fischer, PA-C



- Welcome -
Meghan Schildt, PA-C



Ready to care for you.

Safely.

If you've recently delayed elective surgery, outpatient procedures, or other care needs, we welcome you back safely, protecting both you and our healthcare team.

Our services may look different, but our commitment to provide high-quality, compassionate, personalized health care hasn't changed.

The safety of our patients is and always has been our first priority. Our staff are well-trained to safely manage patients every day. We will continue to provide safe, effective, patient-centered care in our facilities.

Meghan Schildt, Physician Assistant Joins MHCS

Memorial Health Care Systems welcomes Meghan Schildt, PA-C, who has joined our team at Milford Family Medical Center. Meghan is a graduate of Milford High School and is looking forward to returning to continue her family medicine practice. Meghan moved back to the area in July and began accepting appointments mid-August.

Meghan was drawn to the Physician Assistant career while completing Career Academy and got her certified nursing assistant license while still attending Milford High. She explained how well Milford High School does at introducing students to real world careers. She completed job shadow with a family medical physician assistant and that experience solidified her decision to pursue a career as a physician assistant.

Mr. Fichtner from Milford High had a huge impact on Meghan's training and journey, supporting her to apply for the Rural Health Opportunities Program (RHOP). This is a program that prepares students from rural Nebraska to return to rural Nebraska to provide health care. Meghan received her Bachelor of biology degree from Wayne State College and earned her Master degree of physician assistant studies from the University of Nebraska Medical Center. Meghan has been practicing family medicine in North Platte where she specializes in women's health and preventative medicine.

Meghan is thrilled to be returning to the area, stating, "Countless people in Seward County have impacted my life so I cannot wait to give back to the people who supported me. The best care can be given when you truly know the patient. Working in a smaller community makes it possible to build long-lasting relationships with patients."

Meghan's Special Areas of Interest include:

Preventative Medicine | Family Medicine | Women's Health | Emergency Medicine

Financial Assistance Available

Memorial Hospital is committed to caring for our patients, including patients who financially are unable to pay for hospital services. We encourage patients to apply for financial assistance if they believe that they are unable to pay all or part of their hospital bills.

Learn about our Financial Assistance Program by contacting the hospital patient accounts department at Memorial Hospital, 300 N. Columbia Ave., Seward, NE, 68434 or call (402) 646-4704.

Health Cares is published by Memorial Health Care Systems

Mission: We enhance the quality of life for individuals in our communities by providing excellence in health care services in the most appropriate settings.

Memorial Health Care Systems is a non-profit 501(c)3 corporation governed by its Board of Directors and the citizens who serve as members of the corporation. The purpose of this publication is to inform the community about the Systems' services, events, and to foster wellness by providing its readers with general health education. Please address questions concerning this publication to its editor Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2020 – MHCS

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Options for Care. When and Where You Need It.



Walk-in for your sick visit.

Seward Family Medical Center
Monday-Friday, 8 am-10 am
Saturday 8 am-11:30 am

**Milford and Utica Family
Medical Centers**

Walk-in daily for your urgent visits.

- Experienced providers
- Available 6 days a week
- All health history in one medical record



Need a sick visit but can't make it in before 10 am? Call before 9 a.m. to schedule a same-day appointment for urgent care and sick care.

Quick care for cough, colds, sore throat, flu, fever, allergies, insect bites, rash, UTI, ear pain, pink eye, diarrhea and headaches.



Get primary care from home with MHCS virtual visit. It's an easy, secure and safe telehealth option. Call our Milford, Seward or Utica Family Medical Center to schedule an online visit with your local family physician.



For urgent care needs, get 24/7 online care and treatment in minutes with Memorial ezVisit.

Convenient, trusted care from a board certified Nebraska doctor. In minutes you receive a diagnosis, treatment plan and prescription if needed. All from your computer, tablet or smartphone.